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Anxiety, Panic,
Stress & Fear 2.8

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Anxiety, Panic, Stress & Fear

2.8

Title: Overcoming Shyness and Social Phobia

Author(s): Rapee

Publisher: Rowman & Littlefield

Year: 2004 ISBN: 0765701200

This is an easy-to-read, practical guide for those who would like to overcome shyness and social anxiety. Illustrated by case examples, sections include information on:

- **Motivation and self-control**
- **Shyness, social phobia and its causes**
- **Realistic thinking**

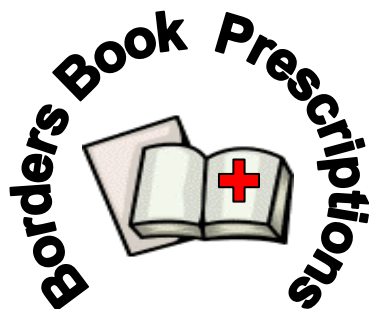
There are also useful thought-diaries to work through to help the reader overcome their shyness.

(116 pages)

Readability:



Cover Price: £9.99



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